

# Cheesy Spaghetti Bake

**Makes:** 24 or 48 servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Spaghetti, dry, whole wheat		4 cups		8 cups
Egg		2		4
1% (low-fat) or fat-free milk		1 cup		2 cups
Salt		1 tsp		2 tsp
Turkey, ground	2.5 lbs		5 lbs	
Onion, small, chopped		2		4
Spaghetti sauce, canned or homemade		4 cups		8 cups
Cheese, mozzarella, shredded, part-skim, divided in half		4 oz		8 oz
Oregano		1/4 cups		1/2 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>329</b>	
Total Fat	7 g	
Protein	21 g	
Carbohydrates	47 g	
Dietary Fiber	1 g	
Saturated Fat	2 g	
Sodium	357 mg	

## Directions

1. Preheat oven to 350 degrees F.
2. For 24 servings, grease an 11x7x2 baking dish. For 48 serving, grease two dishes.
3. Cook spaghetti as package directions indicate; drain.
4. In a large bowl, beat the egg, milk, and salt; add spaghetti, oregano, and half the cheese called-for. Toss to coat.
5. Transfer to greased baking dish.
6. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over pasta.
7. Bake, uncovered, at 350 degrees F for 20 minutes.
8. Sprinkle with the rest of the shredded cheese and bake 10 minutes more. Let stand 10 minutes before cutting.

## Notes

### Serving Tips:

Adding meat to spaghetti is a great way to increase your child's protein intake. Using lean meats like turkey allows them to get plenty of protein without the added fat.